Cuisinart®

INSTRUCTION AND RECIPE BOOKLET

Smart Stick™ Two Speed Hand Blender	CSB-79C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**
3. To protect against electrical shock, do not put the motor body, cord or electrical plug of this hand blender in water or other liquids. Only the detachable blending shaft and other certain parts of this appliance have been designed for immersion into water or other liquids. Never submerge any other portion of this unit. If hand blender falls into liquid, remove immediately. **Do not reach into the liquid without unplugging the unit first.**
4. This appliance should not be used by children. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Avoid contact with moving parts.
6. During operation keep hands, hair and clothing, as well as spatulas and other utensils, away from attachments and any mixing container to reduce risk of injury to persons and/or damage to the appliance. A spatula may be used, but must be used only when the unit is not operating.
7. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the Customer Service Centre (see Warranty for details) for examination, repair or mechanical or electrical adjustment.
8. Remove detachable shaft from the blender before washing the blades or shaft.
9. **Blades are SHARP. Handle carefully when removing, inserting or cleaning. Exercise the same care when removing, inserting the cutting blade or reversing disc for the food processor attachment.**
10. When mixing liquids, especially hot liquids, use a tall container or make small quantities at a time to reduce spillage, splattering and possibility of injury from burning.
11. To reduce the risk of injury, never place chopper/grinder attachment cutting blade on base without first putting work bowl properly in place.
12. Be certain the food processor attachment cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.

13. Check work bowl for presence of foreign objects before using.
14. The use of attachments or accessories not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
15. Do not use outdoors or for other than intended use.
16. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stovetop.
17. Make sure the appliance is off, the motor has stopped completely, and the appliance is unplugged from outlet before putting on or taking off attachments, and before cleaning.
18. Maximum rating is based on the 400W food processor attachment that draws the greatest power.
19. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet**. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

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UNPACKING INSTRUCTIONS

Place the package containing the Cuisinart® Smart Stick™ Two Speed Hand Blender on a sturdy surface. Unpack the Smart Stick™ Two Speed Hand Blender from its box by removing the upper protective insert. Gently slide the unit from the box. Remove all support materials from the box and replace the upper insert. Save packaging for possible repacking of the unit.

NOTE: The blending blade is extremely sharp.

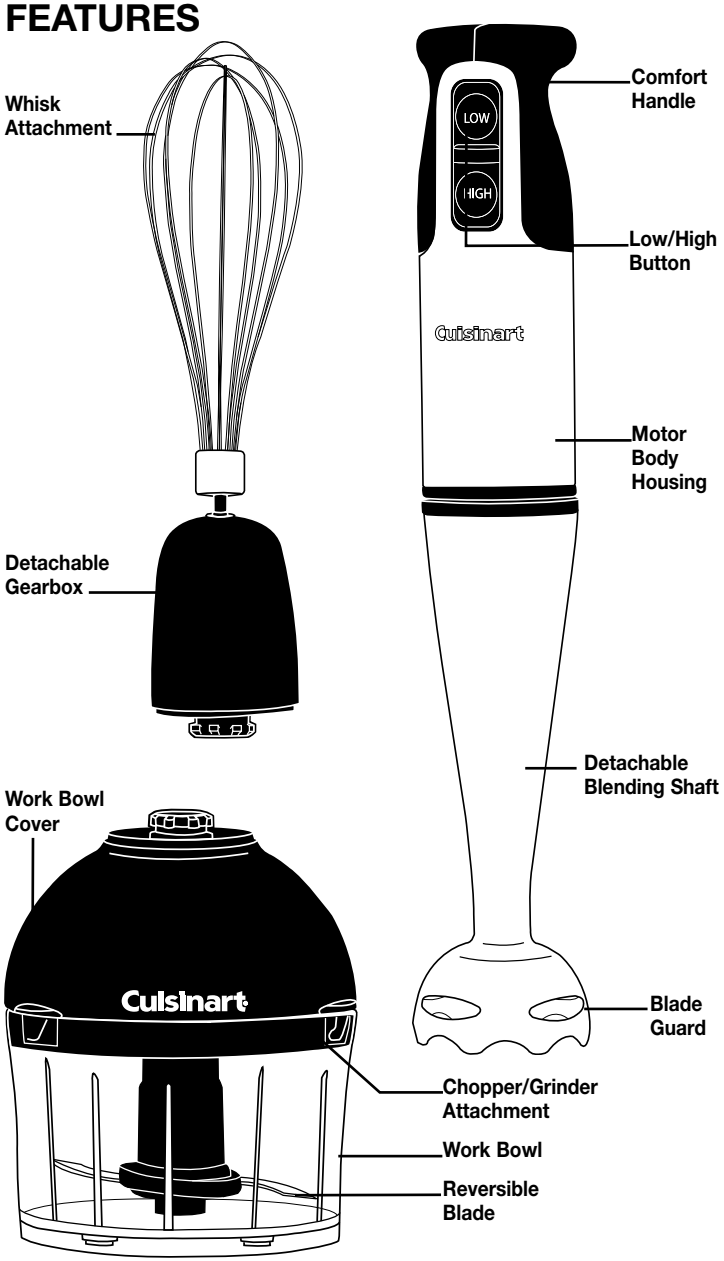
Before using the Cuisinart® Smart Stick™ Two Speed Hand Blender for the first time, we recommend that you wipe the unit with a clean, damp cloth to remove any dirt or dust. Dry it thoroughly with a soft absorbent cloth. To clean all parts see instructions on page 11. Read all instructions completely for detailed operating procedures.

PARTS AND FEATURES

1. **Low/High Two Speed Power Button:** Allows you to activate the hand blender at the touch of a button. Simply press and hold down the Low or High button to blend or pulse. Once the button is released, blending will stop.
2. **Comfort Grip Handle:** The handle allows you to control the hand blender with ease.
3. **Motor Body Housing**
4. **Blending Attachment:** This attachment easily snaps into the motor body housing. The fixed stainless blade is partially covered by a stainless housing that keeps splashing to a minimum. Press the release button on the back of the unit to detach for easy cleaning.
5. **Whisk Attachment:** Whisk attachment snaps into the motor body housing. This attachment is great for whipping cream, egg whites and other delectable treats.

   a. **Gearbox:** Whisk attaches to it.
6. **Chopper/Grinder Attachment with Reversible Blade:** Chop, mince and grind with the Cuisinart chopper/grinder attachment. Chopper/grinder attaches to the blender motor body in place of the blender shaft or whisk attachment.
7. **Mixing Cup:** 2-cup (500 ml) blending cup is microwave and dishwasher safe. Use this container to blend drinks, shakes, salad dressings and more. Designed for easy gripping and drip-free pouring.

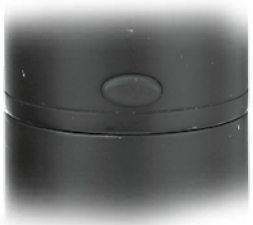
PARTS AND FEATURES



ASSEMBLY

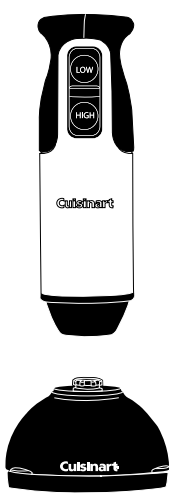
BLENDING ATTACHMENT

1. Align the motor body housing with the blending shaft and push the pieces together until you hear and feel them click together. It may be helpful to press the release button when assembling.
2. Plug the power cord of the hand blender into an electrical outlet.

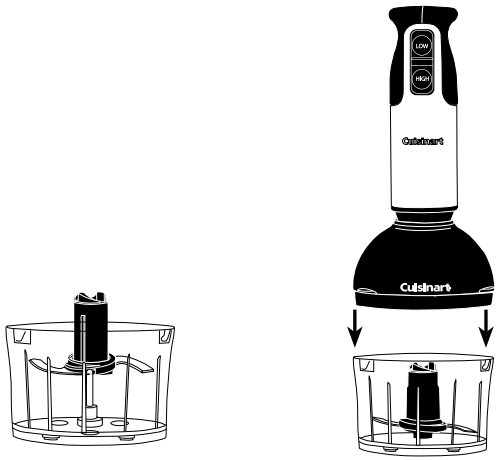


CHOPPER/GRINDER ATTACHMENT

1. Connect the motor body housing to the top of the work bowl cover.
2. Align the spine in the food processor cover's drive shaft with the ribbed opening on the underside of the motor body housing.
3. When aligned properly, slide the two pieces together until you feel and hear a slight click.



CHOPPER/GRINDER ATTACHMENT



1. Place the chopping/grinding blade into centre of the work bowl over metal blade shaft.
2. Place the motor body housing with cover on top of the work bowl and rotate counterclockwise to lock into place.
3. Plug the power cord of the hand blender into an electrical outlet.

WHISK ATTACHMENT

1. Align the motor body housing with the assembled whisk attachment and push the pieces together until you hear and feel them click together. It may be helpful to press the release button when assembling.

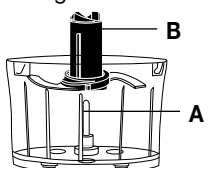
   Note: Whisk and whisk gearbox are detachable from one another.

REVERSIBLE BLADE

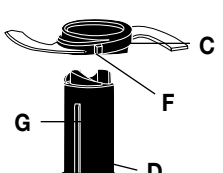
The Cuisinart® Smart Stick™ Two Speed Hand Blender chopper/grinder attachment is equipped with a reversible blade. This blade is sharp on one side and blunt on the other. The blade is attached to a plastic ring that slides over the plastic blade sheath, so it can be easily turned over to select the appropriate blade. To reverse the blade, see detailed instructions below. Also see Frequent Uses for Chopper/Grinder (page 14).

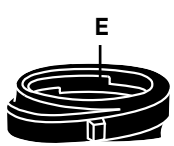
Assemble the parts.

1. Place the work bowl on a flat, dry, stable surface. It should be close to an electrical outlet of the same voltage as stated on the rating plate on the hand blender.
2. The metal blade assembly shaft (A) is attached to the bottom of the work bowl. If not already in place, slide the fully assembled blade assembly (B) over the top of the metal blade assembly shaft.



2a. Put together the blade assembly if not assembled: Very carefully connect the blade ring (C) to the plastic blade sheath (D). Line up the blade ring opening with the plastic sheath. There are notches (E) on opposite sides of the interior of the hub. These fit over ridges on the sides of the plastic blade sheath (G). Let the blade ring slide to the bottom of the plastic sheath. HOLD THE BLADE RING BY THE CENTRAL HUB HOLDING RIBS (grips) (F) ONLY. DO NOT TOUCH THE RAZOR-SHARP BLADES. Pick up the blade ring by its hub holding ribs (grips) and turn it very slightly clockwise. This locks it in place on the plastic blade sheath and prevents it from sliding up during processing.





Note these important features of the blade ring. The blade ring can be placed over the plastic blade sheath in two different ways:

If you hold it this way (A), you will see the word “Sharp” on the blade. Assemble the blade this side up to use the sharp edge.

If you hold it this way (B), you will see no writing on the blade. Assemble the blade this side up to use the blunt edge. (See the section on processing food, page 14, for information about when to use the blunt edge.)

OPERATION

BLENDING

The specially designed blade is for mixing and puréeing all kinds of foods, including salad dressings, powdered drink products, soups and sauces and blended drinks like milkshakes or smoothies.

This blade mixes and stirs while adding only a minimum of air to your mixture. A gentle up-and-down motion is all you need to make the most flavorful, full-bodied recipes. Be careful never to remove the blending shaft from the liquid while in operation, for it will splatter. Tilt the pan or bowl away from you if needed to ensure the protective blade guard on the blending shaft is fully submerged.

1. Put blending shaft into mixture to be blended.
2. Press and hold the desired speed button. The hand blender will continue to run as long as the button is pressed in. To turn hand blender off, release the Power button and the motor will stop.
3. Do not press the button for longer than 60 seconds at a time.
4. Unplug immediately after use.

CAUTION: DO NOT PUT FINGERS NEAR BLADE. TO DISLODGE FOOD, UNPLUG HAND BLENDER FROM THE OUTLET FIRST.

PULSING

To pulse, press and release desired speed button.

CHOPPING FOOD

1. Place the work bowl firmly on a flat, sturdy surface like a countertop.
2. Put food in the work bowl. Be sure the food is cut into small pieces (½ to 1 inch), and the bowl is not overloaded.
3. Put the work bowl cover on top of the work bowl. Be sure the cover is properly seated.
4. Press and hold the desired speed button.

Note: Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the work bowl during operation.

5. When you have finished processing the food, stop the machine by taking your finger off the desired speed button.
6. **WHEN THE BLADE STOPS MOVING**, unplug the unit.
7. Remove the motor body with the cover from the work bowl.
8. Carefully remove the chopping blade, holding it by the gripping ridges on the plastic sheath. **NEVER TOUCH THE BLADE ITSELF**.
9. Remove food with a spatula.

Note: Do not operate the chopper/grinder attachment without food contents in the work bowl.

WHISKING

1. Insert the whisk attachment into the motor body. (See Assembly for Whisk Attachment, page 8.)
2. Plug electrical cord into a wall socket.
3. Put the whisk into mixture to be blended.
4. Press and hold the desired speed button. The hand blender will continue to run as long as the switch is pressed in. To turn hand blender off, release the speed button and the motor will stop.

CLEANING AND MAINTENANCE

HAND BLENDER

Always clean the motor body and blending shaft thoroughly after using. Remove the blending shaft from the motor body. Clean the motor body only with a sponge or damp cloth. Do not use abrasive cleaners that could scratch the surface. To clean the blending shaft, wash by hand in hot water using mild detergent. Be mindful of the fixed razor-sharp edges.

CHOPPER/GRINDER ATTACHMENT

To simplify cleaning, rinse the work bowl, blade and cover immediately after use so that food won't dry on them. Do not submerge the work bowl cover in water or put in the dishwasher. Wash chopping blade and work bowl in warm, soapy water. Rinse and dry. Wipe the underside of the cover with a sponge or damp cloth to remove any food. Wash the blade carefully. Avoid leaving it in soapy water where it may disappear from sight.

You can wash the work bowl and chopping blade, on the upper shelf of your dishwasher. Unload the dishwasher carefully to avoid contact with the sharp blade. Wipe the motor body and top of the cover with a damp sponge or cloth. Dry it immediately. **Never submerge the motor body or the cover in water or other liquids**. The food processor attachment is intended for **HOUSEHOLD USE ONLY**.

WHISK ATTACHMENT

To clean your whisk attachment, simply release the attachment from the motor body housing. Once the whisk is removed, detach the metal whisk from the gearbox by pulling the pieces apart. To clean the gearbox, simply wipe with a damp cloth. To clean the metal whisk, wash with warm soapy water or put in the dishwasher. **Do not submerge the gearbox in water or any other liquid.**

Any service, other than cleaning and normal user maintenance, should be performed by an authorized Cuisinart Service Representative.

TIPS AND HINTS

FOR HAND BLENDER

- Be sure that blending blade guard is fully submerged before blending ingredients.
- To purée a soup, use the hand blender to blend the soup ingredients to the desired consistency, using a gentle up-and-down motion right in the saucepan or pot.
- When blending ingredients right in a pot or pan tilt the pan away from you to create a deeper area for blending to prevent splatter.
- When using a nonstick cooking surface, be careful not to scratch the coating with the hand blender.
- When blending into the blending cup, for example when making a fruit smoothie, cut most solid foods into ½ inch (1.25 cm) pieces for easy blending.
- Use the hand blender to make smooth gravies and pan sauces.
- Do not immerse motor body housing in water or any other liquid.
- When blending in the mixing cup, pour liquid ingredients in first, unless recipe instructs otherwise.
- The hand blender is perfect for frothing milk for cappuccino or lattés. Just warm milk in a small saucepan, and then pulse the hand blender gently, being sure to keep the blending blade guard fully submerged.
- Do not let hand blender stand in a hot pot on stove while not in use.
- Do not attempt to blend fruit pits, bones or other hard materials as these are liable to damage the blades.
- Do not fill mixing containers too full. The level of mixture will rise when blending and can overflow.
- To whip air into a mixture, always hold the blade just under the surface.
- Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
- Liquid should not come closer than 1-inch (2.5 cm) of where the shaft attaches to the motor housing.

FOR WHISK ATTACHMENT

- Do not immerse whisk attachment gearbox in water or any other liquid.
- Use the whisk attachment for beating heavy cream or egg whites.
- When beating egg whites use a very clean metal or glass bowl, never plastic. Plastic can contain hidden oils and fats that can ruin the delicate egg white foam. To help stabilize the egg whites, add ⅛ teaspoon of cream of tartar per egg white prior to beating them. (If using a copper bowl omit the cream of tartar.) Beat the egg whites until desired peaks form.
- It may also be used for any task that you would normally whisk by hand, like crêpe batters or eggs for omelets.
- Beating the egg whites too long causes them to dry out and become less stable.
- When adding sugar to beaten egg whites, add it slowly when soft peaks just begin to form and then continue beating to form desired peaks.
- When beating heavy cream, if possible and time allows, use a chilled bowl and chill the whisk attachment. The best shaped bowl for whipping cream is one that is deep with a rounded bottom to minimize any splatter.
- The cream should come out of the refrigerator just before whipping. Whipped cream may be used at either soft or firm peaks depending on preference. It may be flavoured as desired. For best results, whip cream just before using.

FOR FOOD CHOPPER/GRINDER ATTACHMENT

- When making compound butters, remove the butter from the refrigerator and let it come to room temperature before blending the ingredients.
- Some spices may scratch the work bowl.
- Liquids in work bowl should not exceed 1½ cups (375 ml). Use quantities given in the recipe section as a guide.
- Do not overload work bowl. For best results most foods should not reach more than ⅔ of the way up the work bowl.
- Do not attempt to chop fruit pits, bones or other hard materials, as these are liable to damage the blades.
- Do not immerse food processor cover in water or any other liquid.
- Do not operate chopper/grinder attachment for more than 30 seconds continuously.
- The size of pieces you put in bowl should be about the same size to achieve even results.
- For raw ingredients: peel, core and/or remove seeds and pits. Food should be between ½ and 1-inch (1.25 cm and 2.5 cm), depending on hardness of the food.
- Pulse food in 1-second increments to chop. For the finest chop, process continuously. Watch ingredients closely to achieve desired consistency and scrape the work bowl as necessary.

FREQUENT USES FOR CHOPPER/GRINDER

Ingredient	Suggested Blade*	Speed	Comments
Baby foods (always consult a pediatrician or family physician for appropriate food recommendations)	Sharp Blade	Low-High	Place small amounts of cooked foods into chopper/grinder bowl. Add small amount of appropriate liquid. Pulse to chop, then hold to blend.
Bread Crumbs - fresh or dry (day old)	Sharp Blade	High	Pulse to chop, then process until desired consistency is reached.
Hard Cheese (Asiago, Locatelli, Parmesan, Romano, etc.) (Not recommended for softer cheeses unless making a dip or dressing)	Sharp Blade	High	Cut into 1/4-inch pieces. Pulse to chop, then process until desired consistency is reached.
Chocolate	Sharp Blade	High	Cut into ½ inch (1.25 cm) pieces; may chill in freezer for 3 minutes before chopping. Pulse to chop, then process, no more than 1 ounce (30 g) at a time, until desired texture is reached.
Creamy Dressing and Dips	Sharp Blade	Low	Place ingredients in chopper/grinder bowl; do not cover or spill on stem. Use pulse action to chop, then continuous-hold action to blend to desired consistency.
Garlic	Sharp Blade	High	Peel up to 6 cloves. Pulse to chop.
Gingerroot (fresh)	Sharp Blade	High	Peel, cut into-½ inch (1.25 cm) pieces. Pulse to chop ½ ounce (15 g) at a time.
Hard Spices (coriander, dill, poppy, star, anise, etc.)	Sharp Blade	High	Pulse to chop until desired consistency. Pulse with sharp blade to get fine results.
Herbs (fresh)	Sharp Blade	High	½ cup (125 ml); must be clean/dry. Pulse to chop
Nuts	Dull Blade	High	Shelled; toast first for best flavour. Pulse to chop, process up to a ⅓ cup (75 ml) at a time, until desired consistency is reached. May be processed to nut-butter stage.
Onion	Sharp Blade	High	Peel, cut into ½-inch (1.25 cm) pieces. Pulse to chop, up to ½ cup (125 ml) at a time, until desired chop is reached.
Vegetables (cooked)	Sharp Blade	Low-High	Cut into inch pieces; pulse to chop, up to ½ cups (125 ml) at a time. Add cooking liquid, stock or milk to process to a puree. It is not recommended for making mashed potatoes
Vegetables (uncooked)	Sharp Blade	High	Peel as needed; cut into ½-inch (1.25 cm) pieces. Peel celery with peeler to remove tough strings. Chop/process up to ½ cup (125 ml) at a time.
Meat (Beef, Pork)	Sharp Blade	High	6 oz. or 175g, cut into ½ inch (1.25 cm) pieces. Pulse until desired consistency.
Simple Blending	Dull Blade	Low-High	For light mixing and incorporating.
Cream (for whipping)	Dull Blade	High	¼ cup (60 ml). Whisk until desired consistency.
Egg whites (for whipping)	Dull Blade	High	2 to 3 egg whites. Process until desired consistency.

* See page 9 for instructions on how to safely change the blade from the sharp side to the blunt side.

SMOOTHIES AND DRINKS

BLUEBERRY BANANA ANTIOXIDANT SMOOTHIE

Makes 2 cups (500 ml)

1 cup (250 ml) frozen blueberries
1 small (4½ ounces [125 g]) banana, sliced
¾ cup (175 ml) soy milk or fat free milk
14 grams soy protein powder (or soy protein isolate)
1 teaspoon (5 ml) flax seed oil
1-2 teaspoons (5 - 10 ml) honey (optional)

Place blueberries, banana, soy milk, protein powder, flax seed oil and honey, if using, in mixing beaker. Insert the Cuisinart® Smart Stick™, making sure the protective guard is submerged. Blend, using a gentle up-and-down motion until ingredients are combined, about 30 seconds.

Nutritional information per cup (250 ml) (made without honey):
Calories 159 (17% from fat) • carb. 26g • pro. 9g • fat 3g • sat. fat 0g • chol. 0mg • sod. 12mg • calc. 89mg • fiber 4g

STRAWBERRY KIWI SMOOTHIE

Makes one 14-ounce (400 ml) smoothie

1 cup (250 ml) frozen strawberries, partly thawed
1 kiwi, peeled, cut into eighths
½ cup (125 ml) fat free vanilla yogurt
½ cup (125 ml) fat free milk
1 tablespoon (15 ml) honey

Place ingredients in the mixing beaker. Insert the Cuisinart® Smart Stick™, making sure the protective guard is submerged. Blend, using a gentle up-and-down motion until ingredients are well combined, about 30 seconds.

Nutritional information per smoothie:
Calories 286 (2% from fat) • carb. 63g • pro. 11g • fat 1g • sat. fat 0g • chol. 4mg • sod. 133mg • calc. 371mg • fiber 6g

FROZEN COFFEE FRAPPÉ

Makes one 12-ounce (340 ml) beverage

¾ cup (175 ml) coffee ice cream or ice milk
⅓ cup (75 ml) strongly brewed coffee (may use espresso), chilled
2 tablespoons (30 ml) fat free milk

Place ingredients in mixing beaker. Insert Cuisinart® Smart Stick™, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 20 to 30 seconds.

For a thicker milkshake:
Fill mixing beaker with coffee ice cream up to the 1½-cup (375 ml) mark. Add ½ cup (125 ml) brewed coffee and 2 tablespoons (30 ml) of fat free milk. Blend using the same technique as above.

For a Mudslide variation:
Add 1 tablespoon (15 ml) each of Irish cream liqueur and Kahlúa®.

Nutritional information per shake:
Calories 428 (44% from fat) • carb. 51g • pro. 9g • fat 22g • sat. fat 13g • chol. 90mg • sod. 209mg • calc. 343mg • fiber 0g

Kahlúa® is a registered trademark owned by the Kahlua Company.

PEACH MARGARITA

Makes 2 cups (500 ml)

1 cup (250 ml) frozen peaches
1 cup (250 ml) citrus juice (orange, lime, lemon in any combination)
⅓ cup (75 ml) good quality tequila
½ tablespoon (7 ml) Triple Sec or Grand Marnier®
1-2 teaspoons (5 - 10 ml) granulated sugar

Place all ingredients in mixing beaker. Insert the Cuisinart® Smart Stick™, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are combined, about 30 seconds.

Nutritional information per serving (one cup [250 ml]):
Calories 177 (0% from fat) • carb. 25g • pro. 1g • fat 0g • sat. fat 0mg • chol. 0mg • sod. 2mg • calc. 9mg • fiber 2g

MEXICAN HOT CHOCOLATE

Makes 12–16 servings

2 quarts (1.9 L) fat-free milk
3 sticks/ 3 inches (7.5 cm) cinnamon sticks
20 ounces (565 g) bittersweet chocolate (your favourite), broken into chunks
1 tablespoon (15 ml) vanilla extract

Combine the milk and cinnamon sticks in a 3¾ quart (3.5 L) Cuisinart® saucepan. Place over medium heat and stir constantly to heat until steamy and just beginning to bubble around the edges. Reduce heat to low and simmer for 10 minutes to infuse the cinnamon flavour into the milk. Stir in the chocolate chunks. When chocolate is melted, remove cinnamon sticks and stir in vanilla extract. Insert the blender and process about 1 minute using a gentle up-and-down motion. Continue blending until the mixture is creamy and frothy. Spoon into cups or mugs and top with a dollop of freshly whipped cream if desired.
For Hot Cinnamon Mocha, add 3–4 tablespoons (45 ml-60 ml) instant espresso powder to the milk when steeping with the cinnamon sticks.

Nutritional information per serving:
Calories 215 (52% from fat) • carb. 23g • pro. 7g • fat 14g • sat. fat 8g • chol. 2mg • sod. 68mg • calc 184mg • fiber 1g

SOUPS, SAUCES, DIPS AND SPREADS

ASPARAGUS SOUP

Makes 2½ cups (625 ml)

2 ounces (56 g) shallot, peeled
1 tablespoon (15 ml) unsalted butter
1 clove garlic, peeled and crushed
1¼ pounds (625 g) fresh asparagus, tough ends removed
3 ounces (85 g) red potato, peeled, cut in ½ inch (1.25 cm) dice
¼ cup (50 ml) dry white wine
1½ cups (375 ml) fat-free low-sodium chicken broth
¾ teaspoon (4 ml) kosher salt
¼ teaspoon (1 ml) freshly ground pepper
¼ teaspoon (1 ml) dried basil
¼ cup (50 ml) heavy cream (optional)

Insert the blade assembly in the prep bowl. Place the shallot in the prep bowl, connect hand blender motor body to the top of the chopper/grinder attachment cover, cover prep bowl and pulse 10 times to finely-chop. Melt butter in a 3-quart (3 L) saucepan over medium low heat. Add shallots and crushed garlic and “sweat” over medium-low heat for about 5 minutes. Do not allow the shallots and garlic to brown. While shallots are cooking, cut the asparagus into ½ inch (1.25 cm) pieces and

reserve the tips. When shallots are soft, add asparagus and potato to saucepan and cook for about 6 minutes longer, until asparagus is bright in colour. Add wine and raise the heat to bring the wine to a boil. Reduce the wine until a scant tablespoon remains. Add chicken stock. Bring to a boil and then reduce heat to low. Simmer for about 20 minutes until the vegetables are soft. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using a gentle up-and-down motion until ingredients are well combined, about 40–50 seconds. Season with salt, pepper and basil. Stir in cream if using. While soup is cooking bring 2 cups (500 ml) of water to a boil. Add the asparagus tips and cook for 2 minutes until bright green. Drain and immediately plunge into an ice-water bath to stop cooking.

Serve soup hot, garnished with reserved asparagus tips.

Nutritional information per ½ cup (125 ml) serving:
Calories 81 (28% from fat) • carb. 10g • pro. 4g • fat 3g
• sat. fat 1g • chol. 6mg • sod.525mg • calc. 36mg • fiber 2g

CURRIED CAULIFLOWER SOUP

Makes 5 cups (1.25 L)

- **1 tablespoon (15 ml) olive oil**
- **4 ounces (115 g) leeks, washed and trimmed, dark green parts removed, sliced**
- **1 teaspoon (5 ml) curry powder**
- **¼ teaspoon (1 ml) turmeric**
- **½ teaspoon (2 ml) kosher salt**
- **1 head of cauliflower (about 1¾ pounds [795 g]) cut into small florets**
- **3½ ounces (100 g) red potato peeled and cut into ½ inch (1.25 cm) cubes**
- **½ cup (125 ml) white wine**
- **3½ cups (875 ml) chicken stock or vegetable stock**
- **1 teaspoon (5 ml) lemon or lime juice**

Place a 4-quart (4 L) saucepan over medium heat and add olive oil. Add leeks and "sweat" for about 6–8 minutes until very soft. Add curry powder, turmeric, and salt to leek mixture and cook for about 1–2 minutes. Add cauliflower florets and potato. Stir to coat with spices and cook for another 5 minutes to soften slightly. Add white wine and increase heat to bring to a boil. Reduce the wine until there is a scant amount left. Add stock just to cover. Bring to a boil and then reduce heat to medium low. Simmer for about 25 minutes or until the vegetables are very soft.

Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 45–50 seconds. Add lemon juice. Taste and adjust seasoning accordingly.

Nutritional information per ½ cup (125 ml) serving:
Calories 71 (22% from fat) • carb. 10g • pro. 4g • fat 2g
• sat. fat 0g • chol. 0mg • sod. 350mg • calc. 39mg • fiber 3g

SWEET RED PEPPER COULIS

Makes 2½ cups (625 ml)

- **1 tablespoon (15 ml) olive oil**
- **1 medium yellow onion, peeled, roughly chopped**
- **6 cloves of garlic, peeled and smashed**
- **3 medium red peppers [about 6 ounces (175 g) each], roughly chopped**
- **½ teaspoon (2 ml) kosher salt**
- **¼ teaspoon (1 ml) freshly ground pepper**
- **¼ cup (50 ml) dry white wine**
- **¼ cup (50 ml) chicken stock**

Heat the olive oil in a 2½ quart (2.3 L) saucepan over medium-low heat. Add the onion, garlic, red pepper, salt, and pepper and stir to coat. Reduce heat to low, cover loosely and "sweat" slowly until softened for about 15–20 minutes. Take care that the vegetables do not pick up any colour.

When vegetables are soft, add wine and increase the temperature so that the wine comes to a boil. Reduce the wine until about 1 tablespoon (15 ml) remains. Add stock and bring to a boil. Reduce heat to medium low and simmer for about 10 minutes. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are smooth and well combined, about 50–60 seconds.

Nutritional information per ½ cup (125 ml) serving:
Calories 41 (33% from fat) • carb. 5g • pro. 1g • fat 2g
• sat. fat 0g • chol. 0mg • sod. 148mg • calc.13mg• fiber 1g

GREEN CHILE SAUCE

Makes 2¼ cups (550 ml)

- **1½ pounds (750 g) Anaheim or green New Mexican chiles**
- **1 small onion [approximately 3¼ ounce (90 g)], cut into quarters**
- **1 large garlic clove, peeled**
- **1 jalapeño pepper [approximately ½ ounce (14 g)], cut in half, seeds and stem removed**
- **1 tablespoon (15 ml) unsalted butter**
- **1 tablespoon (15 ml) flour**
- **1½ cups (375 ml) chicken stock**

¾ teaspoon (4 ml) kosher salt

Preheat oven to 450°F (230°C). Place peppers on a baking sheet and roast until very dark and skin is coming away from the pepper, about 30 minutes. Place roasted peppers in a mixing bowl and cover with plastic wrap in order for the skins to loosen about 15 minutes.

Insert the blade assembly in the prep bowl. Place the onion, garlic, and jalapeño in the prep bowl and pulse approximately 8 times to a rough chop.

Peel the cooled peppers, discarding all skin, seeds, and stems. Place in prep bowl and pulse 6 times to chop.

Place a 3½ quart (3.3 L) sauté pan over medium heat and add the butter. Add the onion, garlic and jalapeño mixture and sauté for about 4–5 minutes until soft. Stir in chopped chiles and cook for another minute. Add flour and stir and cook for 2 minutes. Add stock and bring to a boil. Add salt and reduce to a simmer for about 25 minutes. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 40–60 seconds, until the sauce reaches desired consistency.

Nutritional information per ¼ cup (50 ml) serving:
Calories 39 (35% from fat) • carb. 5g • pro. 1g • fat 2g
• sat. fat 1g • chol. 3mg • sod. 476mg • calc. 59mg • fiber 1g

GARDEN VEGETABLE TOMATO SAUCE

Makes 4 cups (1 L)

1 tablespoon (15 ml) olive oil

4 ounces (125 g) yellow onion cut into quarters

2 garlic cloves, peeled and crushed

3½ ounces (100 g) red pepper, cut into 1-inch (2.5 cm) pieces

3 ounces (85 g) eggplant, peeled and cut into 1-inch (2.5 cm) pieces

3 ounces (85 g) zucchini, cut into 1-inch (2.5 cm) pieces

3 ounces (85 g) summer squash, cut into 1-inch (2.5 cm) pieces

1 small carrot, peeled and cut into ½ inch (1.25 cm) pieces

¼ cup (50 ml) dry white wine

1 sprig fresh thyme

¾ teaspoon (4 ml) salt

1 28-ounce (875 g) can diced tomatoes

Insert the blade assembly in the prep bowl. Place the onion in the prep bowl and pulse approximately 8 times to a rough chop.

Heat the olive oil in a 3-quart (3 L) saucepan over medium heat. Add the chopped onion and the crushed garlic cloves to the pan and reduce

heat to low. One at a time, place the remaining vegetables in the prep bowl and chop with 8 even pulses and then add to the pan, stirring between each addition. After carrot is added, stir and allow vegetables to cook over low heat for about 15 minutes. Add white wine and reduce wine to 1 tablespoon (15 ml). Add thyme, salt, and tomatoes. Simmer for 25 minutes longer.

Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 50–60 seconds.

Nutritional information per ¼ cup (50 ml) serving:
Calories 60 (25% from fat) • carb. 9g • pro. 2g • fat 2g
• sat. fat 0g • chol. 0mg • sod. 351mg • calc. 29mg • fiber 3g

BASIC VINAIGRETTE

Makes 1 cup (250 ml)

¼ cup (50 ml) wine vinegar

1 tablespoon (15 ml) Dijon mustard

¾ cup (175 ml) salad or olive oil

kosher salt and freshly ground pepper to taste

Place all ingredients in the Mixing/Measuring Cup. Process until combined, about 10–15 seconds. Keep unused portions in an airtight container in the refrigerator up to 2 weeks.

Nutritional analysis per tablespoon (15 ml):
Calories 91(98% from fat) • carb. 0g • pro. 0g • fat 10g
• sat. fat 1g • chol. 0mg • sod. 23mg • calc. 0mg • fiber 0g

CREAMY PARMESAN & ROASTED GARLIC DRESSING

Makes about 1⅓ cups (325 ml)

1 ounce (30 g) Parmigiano-Reggiano cheese, cut in ½ inch (1.25 cm) cubes

4 cloves roasted garlic*

2 tablespoons (30 ml) fresh lemon juice

2 tablespoons (30 ml) red or white wine vinegar

2 tablespoons (30 ml) lowfat mayonnaise or pasteurized liquid egg product (such as EggBeaters®)

1 tablespoon (15 ml) Dijon mustard

1 tablespoon (15 ml) anchovy paste

1 teaspoon (5 ml) Worcestershire sauce

1 teaspoon (5 ml) freshly ground pepper

1 cup (250 ml) extra virgin olive oil

Tabasco® or other hot sauce (to taste)

Insert the blade assembly in the prep bowl. Place the cheese cubes in the prep bowl. Pulse to chop, 10 times, then process to chop finely, about 15–20 seconds. Add remaining ingredients to prep bowl. Process for about 30–40 seconds, until creamy and totally emulsified.

Nutritional analysis per tablespoon (15 ml):
Calories 53 (89% from fat) • carb. 1g • pro. 1g • fat 5g
• sat. fat 1g • chol. 4mg • sod. 82mg • calc. 18mg • fiber 0g

*To roast garlic: Place 12 or more peeled cloves in a double thickness of aluminum foil, toss with a tablespoon (15 ml) of olive oil and fold the foil to seal. Place in 375˚F (190°C) oven for 30–40 minutes, until tender and browned. If you do not wish to roast the garlic, you may blanch it until tender.

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MAYONNAISE

Makes about 1¼ cups (300 ml)

¼ cup (50 ml) pasteurized liquid egg product (such as EggBeaters®)
1 tablespoon (15 ml) fresh lemon juice
½ tablespoon (15 ml) Dijon mustard
1 cup (250 ml) vegetable oil
¼ teaspoon (1 ml) kosher salt
¼ teaspoon (1 ml) ground white pepper

Place all ingredients in Mixing/Measuring Cup in order listed. Insert blender holding blade against bottom of container and process until mixture begins to thicken, about 15 seconds. Continue processing with a gentle up-and-down motion until thick, about 20–30 seconds longer.

Nutritional information per tablespoon (15 ml):
Calories 98 (98% from fat) • carb. 0g • pro. 0g • fat 11g
• sat. fat 1g • chol. 2mg • sod. 29mg • calc 1mg • fiber 0g

MANGO SALSA

Makes 1 cup (250 ml)

¼ red bell pepper [about 1 ounce (30 g)], cut in ½ inch (1.25 cm) pieces [¼ cup (50 ml)]
1 small clove garlic, peeled
½ jalapeño pepper, stemmed and seeded, cut in ½ inch (1.25 cm) pieces
½ small red onion [about 1½ ounces (42 g)], peeled, cut in ½ inch (1.25 cm) pieces
1 mango (12–14 ounces [50 g]), peeled and pitted, cut in ½ inch (1.25 cm) pieces
1½ tablespoons (25 ml) fresh cilantro leaves

2 teaspoons (10 ml) fresh lime juice
1½ teaspoons (7 ml) rice vinegar (may use raspberry or white balsamic vinegar)
½ teaspoon (2 ml) honey

Insert the blade assembly in the prep bowl. Place the red bell pepper pieces in the prep bowl and use the pulse to coarsely chop, 6–8 pulses. Transfer to a 1-quart (1 L) bowl and reserve. Add the garlic, jalapeño pepper and onion to the prep bowl, pulse 5 to 10 times to chop. Remove and add to chopped red pepper. Add mango and cilantro to prep bowl and pulse until mango reaches desired chopped consistency, about 10 to 20 pulses. Transfer to the bowl with the chopped red pepper and reserve. Stir in the lime juice, vinegar, and honey. Cover and let sit for 30 minutes to allow the flavours to blend. If not using immediately, cover and refrigerate. Mango Salsa is best when served the day it is prepared, but may be prepared up to one day ahead. Remove from the refrigerator 30 minutes before serving for best flavour.

Nutritional information per ¼ cup (50 ml) serving:
Calories 45 (3% from fat) • carb. 12g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 28mg • calc. 11mg • fiber 1g

GUACAMOLE

Makes ⅔ cups (150 ml)

1 clove garlic, peeled and smashed
1 green onion, trimmed and cut in ½ inch (1.25 cm) pieces
½ jalapeño pepper, cored, seeded and cut in ½ inch (1.25 cm) pieces
1 ripe avocado (about 10 ounces [285g], peeled and pitted, cut into ¾ inch [1.9 cm] chunks)
1 tablespoon (15 ml) fresh lime juice
¼ teaspoon (1 ml) cumin powder
¼ teaspoon (1 ml) powdered coriander
¼ teaspoon (1 ml) kosher salt

Insert the blade assembly in the prep bowl. Place the garlic, green onion and jalapeño pepper in the prep bowl. Pulse to chop, 10–12 times. Add avocado, lime juice, cumin, coriander and salt. Pulse to chop avocado, 10 times, then process continuously until desired consistency is reached, stopping every 20 to 30 seconds to scrape the bowl.

Transfer to a serving bowl, cover with plastic wrap placed directly on the guacamole and refrigerate for 30 minutes before serving to allow the flavours to blend.

Nutritional analysis per tablespoon (15 ml):
Calories 25 (72% from fat) • carb. 2g • pro. 0g • fat 2g
• sat. fat 0g • chol. 0mg • sod. 65mg • calc 3mg • fiber 1g

ROASTED PEPPER TAPENADE

Makes 1 cup (250 ml)

1 small garlic clove, peeled
1 12-ounce (375 g) jar of roasted peppers, drained, cut into 1-inch (2.5 cm) pieces
½ sun-dried tomato (oil packed)
2 tablespoons (30 ml) green pimento-stuffed olives, drained
½ teaspoon (2 ml) fresh thyme
½ teaspoon (2 ml) extra virgin olive oil
pinch salt
pinch pepper

Insert the blade assembly in the prep bowl. Place garlic in the prep bowl and process for 10–15 seconds; scrape bowl.

Add remaining ingredients to prep bowl pulse evenly 10–15 times to reach desired consistency. Season to taste. Serve with crackers or crostini.

Nutritional information per ¼ cup (50 ml) serving:
Calories 50 (42% from fat) • carb. 5g • pro. 1g • fat 2g
• sat. fat 0g • chol. 0mg • sod. 481mg • calc. 16mg • fiber 1g

WHITE BEAN SPREAD

Makes 1¼ cups (300 ml)

1 small garlic clove, peeled
6 fresh sage leaves
½ ounce (14 g) tomato
1 can (19 ounces [540 g]) of cannellini beans (or other white beans), rinsed and drained
2 teaspoons (10 ml) extra virgin olive oil
½ teaspoon (2 ml) kosher salt
fresh ground pepper to taste

Insert the blade assembly in the prep bowl. Place garlic in the prep bowl and process for 30 seconds. Add sage and pulse 4 times. Add tomato and pulse 4 times. Add remaining ingredients to prep bowl pulse evenly 6–10 times to reach desired consistency. Season to taste. Serve with crackers or as a topping for bruschetta. For a smoother spread, add 2–4 tablespoons (30-60 ml) water and process until smooth and creamy.

Nutritional information per ¼ cup (50 ml) serving:
Calories 120 (15% from fat) • carb. 20g• pro. 6g • fat 2g
• sat. fat 0g • chol. 0mg • sod. 239mg • calc. 67mg • fiber 4g

TOMATO AND BASIL TOPPING FOR BRUSCHETTA

Makes 1 cup (250 ml)

1 small garlic clove, peeled
1½ tablespoon (25 ml) fresh basil leaves
1 pint (500 ml) grape tomatoes
3 teaspoons (15 ml) extra virgin olive oil
½ teaspoon (2 ml) salt

Insert the blade assembly in the prep bowl. Place garlic in the prep bowl and run for 30 seconds. Add basil and pulse 4 times.

Add remaining ingredients to prep bowl pulse about 10–15 times to reach desired consistency. Season to taste. Serve as topping for bruschetta.

Nutritional information per serving:
Calories 50 (61% from fat) • carb. 4g • pro. 1g • fat 4g
• sat. fat 1g • chol. 0mg • sod. 301mg • calc. 8mg • fiber 1g

DESSERTS

CHOCOLATE PISTACHIO MACAROONS

Makes about 30 cookies

¾ cup (175 ml) granulated sugar
½ cup (125 ml) shelled pistachios, unsalted
¼ cup (50 ml) Dutch processed cocoa
4 large egg whites
1 cup (250 ml) mini chocolate morsels

Preheat oven to 325°F (160°C). Line two 15 x 11½-inch (38 x 30 cm) baking sheets with parchment paper.

Insert the blade assembly in the prep bowl. Place ¼ cup (50 ml) of the sugar and the pistachios in the prep bowl and process for 30–40 seconds until finely ground. Add cocoa and pulse 6 times to incorporate.

Place egg whites in a glass or stainless mixing bowl. Insert the blender fitted with the whisk attachment and beat whites. After 1½ minutes add the remaining ½ cup (125 ml) of sugar. Whites should reach firm peaks after 3 minutes.

Fold the pistachio and cocoa mixture into the egg whites in three increments with a rubber spatula. Gently fold in the chocolate morsels, taking care not to deflate.

Drop the batter in spoonfuls (2 tablespoons [30 ml]) onto the prepared baking sheets. Bake in preheated 325°F (160°C) oven for 35–40 minutes, until the cookies lift easily from the baking sheet and cookie bottoms are smooth.

Transfer the parchment with the cookies from the hot pan to a cool surface. Peel off the paper and store in airtight container once cooled.

Nutritional information per macaroon:
Calories 76 (38% from fat) • carb. 11g • pro. 1g • fat 3g
• sat. fat 1g • chol. 0mg • sod. 11mg • calc. 4mg • fiber 2g

SWEET WHIPPED CREAM

Makes 2 cups (500 ml)

1¼ cups (300 ml) heavy cream, chilled
2 tablespoons (30 ml) granulated sugar
1½ teaspoons (7 ml) vanilla extract

Place the cream, sugar, and vanilla in a large stainless or glass mixing bowl. Insert the blender fitted with the whisk attachment. Start the blender but be careful to have the whisk just skim the surface of the cream. Blend until the cream gains some body and then move the blender in an up-and-down motion throughout the bowl. Whipped cream will reach soft peaks between 50–60 seconds.

Nutritional information per serving (2 tablespoons [30 ml]):
Calories70 (86% from fat) • carb. 2g • pro. 0g • fat 7g
• sat. fat 4g • chol. 25mg • sod. 7mg • calc 12mg • fiber 0g

Variation:
Cocoa Whipped Cream: Place 1¼ cups (300 ml) heavy cream, 3 tablespoons (45 ml) granulated sugar, 1 tablespoon (15 ml) unsweetened cocoa, and 1 teaspoon (5 ml) vanilla in mixing bowl. Whip as directed.

BERRY COULIS

Makes 1¼ cup (300 ml)

1 12-ounce (375 g) bag of frozen mixed berries thawed
¼ cup (50 ml) granulated sugar
½ teaspoon (2 ml) fresh lemon juice

Place all ingredients in a 2½ quart (2.3 L) saucepan. Over medium heat bring mixture to a simmer and cook for about 5 minutes to melt the sugar.

Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 30–40 seconds. Strain the sauce through a fine mesh strainer and serve.

Nutritional information per ¼ cup (50 ml) serving:
Calories 86 (4% from fat) • carb. 22g • pro. 0mg • fat 0g
• sat. fat 0g • chol. 0mg • sod. 25mg • calc. 14mg • fiber 4g

WARRANTY

LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions.

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Email:
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To facilitate the speed and accuracy of your return, please enclose:

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